



November Health Promotion Toolbox

Tobacco Free Living Month

Activity Ideas

As a health promotion professional, we know it is important to ensure that the information and resources you distribute about tobacco cessation and prevention are relevant for your target populations. Information that is easy to understand and follow will give your audience the best chance of developing healthier lifestyle behaviors. Below are a few activity ideas that you, as a health promotion coordinator or health educator, can conduct throughout November to promote the importance of tobacco free living to Sailors, Marines, family members, retirees, and DoD civilian personnel, while partnering with command leadership.

Provide materials with tobacco cessation and prevention information

- **Develop an information rack of materials or set up a tobacco cessation and health effects display.**
 - Pack the rack with materials and resources from the NMCPHC [Tobacco Free Living Health Promotion Toolbox](#) to include fact sheets, brochures, and handouts.
 - Collect and disseminate information from [DoD's Quit Tobacco- Make Everyone Proud Campaign](#), [Be Tobacco Free](#), [Smokefree.gov](#), [American Cancer Society \(ACS\)](#), the [American Heart Association](#), and the [American Lung Association](#).
 - The materials should be placed in high traffic and visibility areas such as building entrances, galleys, gyms, offices, and waiting areas.
- **Host an event or support the command in the promotion of tobacco cessation and prevention.**
 - Include command level support at the event.
 - Ask your medical department to participate by having the tobacco clinical champion or a tobacco-free medical provider there to answer questions.
 - Have other health promotion staff or your tobacco program manager there to provide information on quitting and local programs that are available to help people quit.
 - Work with the Unit Commander, Commanding Officer, or Officer in Charge to provide a presentation or information during command indoctrinations or orientation that meets the requirements laid out in SECNAV 5100.13E.
- **Send out email messages promoting the importance of living tobacco free.**



- Share one message each week in November from the [Plan of the Week](#) messages with your command.
- Clear up the confusion about e-cigarettes by sharing the [E-Cigarettes: Harmful or Helpful?](#) with your command to explain the dangerous health effects of this new tobacco product.
- Send the [Starter Kit to Quit guide](#) to your command personnel via email. The guide provides suggested incremental steps that you can take to quit using tobacco.
- **Hang posters in high traffic areas to increase awareness about the importance of tobacco cessation and the negative health effects that come with using tobacco products.**
 - Check out the posters on the [NMCPHC Tobacco Free Living Health Promotion Toolbox](#).

Recognize those who are trying to quit

- **Sponsor a quitting competition** within the command or among departments. Support the Quit, a tobacco free contest created by NMCPHC, asks tobacco users to quit for the day, week, or month. Nonsmokers can support their colleagues during the preparation to quit and the quitting process. The winning team earns special bragging rights and a certificate from the command. The instructions and materials for the Support the Quit competition can be found on the [Tobacco Free Living Month Toolbox](#).
- **With the support and approval of your Command and former tobacco users, develop a Wall of Fame** with pictures of Sailors, Marines, and DoD civilian personnel who have quit dipping, chewing, or smoking. Consider acknowledging and supporting those who are participating in the Support the Quit competition and those who have recently quit.

Sponsor tobacco cessation and prevention programs for your command

- **Support the Great American Smokeout!** The 2015 Great American Smokeout is being held on Thursday, November 19th. Please visit the [American Cancer Society's Great American Smokeout](#) web page and download [U Can Quit's 2015 materials](#) in support of the event. Ideas for activities may be seen on the [NMCPHC Tobacco Free Living Web page](#), and also at [UCanQuit2](#), such as the [Cold Turkey Trot](#).
- **Give presentations about the health effects of tobacco.** Have your medical or dental departments or yourself give a presentation on tobacco. Former tobacco users may give a personal testimonial on their recovery and encourage others to beat the addiction.
- **If you are a trained tobacco cessation facilitator, conduct a tobacco cessation program** at your command. Work with leadership to allow Sailors, Marines, and DoD civilians



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time to attend, and reward and acknowledge those who have quit. If you are not trained, learn more [here](#) or reach to others in your command who have already been trained.

For more information about tobacco cessation and prevention please visit the [November Tobacco Free Living Month toolbox](#).